



Task Force Needs Youth Leaders

By Thelma Jones

The D.C. Campaign to Prevent Teen Pregnancy is seeking teens, age 14-15, who are interested in being a part of their Youth Leadership Task Force. The Youth Leadership Task Force is a dynamic program that cultivates character development, focuses on leadership and advocacy training, and provides teen pregnancy prevention facts and sexual health information.

Youth Leadership Task Force members are actively involved in every aspect of D.C. Campaign's effort by keeping D.C. Campaign connected to the pulse of youth culture, visiting and testifying before the City Council and school officials, writing letters to the editor, moderating panels, and telling their stories at roundtables. Having been actively involved with D.C. Campaign for almost ten years, including conducting programs in Southwest, "I strongly encourage our youth to consider this leadership position," said Southwest civic leader Thelma Jones. "Working with the youth during a visit to Capitol Hill to testify on teen pregnancy efforts reminded me that our youth are doing wonderful things and they really want to make a difference in their lives." From observing the work of D.C. Campaign, Jones realizes that it is far more effective, and far less costly, than

Continued on Page 4

Amidon-Bowen Students Shine

By Meg Brinckman

The celebration of a banner year for Amidon-Bowen Elementary School began with the awarding of a Certificate of Achievement for the highest parental participation at Back to School Night by the United Black Fund, Inc., placing third in the group of schools with enrollment of 300-499. But this achievement was only one of many earned by Amidon-Bowen students, staff and parents for their work over the last several months.

Amidon-Bowen was one of 14 D.C. Public and Private Schools who entered students in the J.W. Marriott "10 Who Are 10" Contest. Participants wrote essays or poetry on the theme of "Green Is Greener." Ten 10-year olds were chosen from the field of over 60 entrants. Donja Wilkerson will

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4th St. Group Celebrates 15th Year

By Meg Brinckman

On May 27th members of the Fourth Street Neighborhood Group (FSNG) celebrated 15 year of service to our community at Pier 7, Channel Inn Restaurant. The Fourth Street Neighborhood Group is an informal association of homeowners who live in the nine condos and coops along Fourth Street between M and P Street. Formed in 1994, we meet each fourth Wednesday to share the many challenges, activities and initiatives affecting our neighborhood's quality of life as well efforts to enhance the image, appearance and property values in our SW/Waterfront area. Harbour Square residents, Col. Steve and Gillian Norton who then lived at Carrollsburg Square Condominium were the driving force behind organizing the group.

Last year FSNG, along with the Southwest Neighborhood Assembly, collected school supplies for Southwest students. Residents along 4th Street responded to the need with generous gifts of supplies and money to assure every returning school child had what he or she needed to begin a successful school year. Harbour Square has continued that effort with two drives to supply items for the "A-B Bucks" store that rewards students for good work and good behavior.

The group has weighed in on important measures that have affected the day-to-day life in Southwest. In 2003 members went to the D.C. Council to support Councilman Mendelson's plan for ANC redistricting and to maintain ANC-2D's northern boundary. (We are currently designated as ANC-6D) "We need to keep Southwest IN Southwest!" was the plea.

Harbour Square and the FSNG hosted, an ABC's for Community Leaders, a training program of the Washington Metropolitan Chapter Community Association's Institute for condominium and cooperative association Board of Directors Members. It has sponsored FSNG Yard Sales involving three or more of our communities since 1996. The group has contributed to First District Police Recognition Book saluting the work of the D.C. MPD in our area since 1998.

"Surprising Southwest Washington," an 11x18 full color pamphlet featuring information on our FSNG member communities and the advantages of our "undiscovered" area of the city was published in 1997. Cost was underwritten by donations of the communities at \$1 per unit with the help of Pardoe Real Estate Group. The group also hosted and supported the work of Professor Richard Longstreth of

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Councilmembers Say No to Waterfront Subsidy Delay

By The Southwester Staff

A report surfaced on Tuesday, June 16th after a meeting at the Wilson building between the D.C. Chief Financial Officer Natwar Gandhi, Council Chair Vincent Gray, and Councilmembers Kwame Brown and Jack Evans: previously promised subsidies for various district redevelopment projects were in jeopardy of being diverted to fund construction of a convention center hotel. Topping the list of projects in danger was the Southwest Waterfront. Also on the list provided by Gandhi were Arena Stage, The Yards and Capitol Quarter in Southeast.

As the internet buzzed with the news, first reported in the Washington Business Journal, many local residents expressed their outrage to city officials. In a clarifying statement to swdcblog.com, Councilmember Kwame Brown said that decreased funding for the Waterfront and Arena Stage had never been considered in any proposal, and that Gandhi had simply listed all of the previously approved subsidies after the meeting.

In a sharply worded letter to the Council Chair, Monty Hoffman of PN Hoffman, the principal partner on the Waterfront redevelopment project, stated that the proposal smacked of illegality and that talk of it was severely impeding the efforts of the developers to seek out funding partners. Hoffman wrote, "We began our capital investment search phase just three weeks ago, when we obtained the LDA with the District and signed Transaction Agreements with lease holders. During this sensitive period, the mere threat of the District giving serious consideration to reneging on a \$198 million commitment to fund public infrastructure on SWW has a profound chilling affect on our ability to raise capital. The integrity of our public/private partnership with the District must not be in question."

Ward 6 Councilmember Tommy Wells chimed in decisively to protect the promises made in his ward. In a press release the very next morning, Wells called for an end to any discussions on the matter: "I am asking the Chief Financial Officer and my Council colleagues to cease discussion about the possibility of delaying the TIF and PILOT funds promised to the Southwest and Capitol Riverfront communities and incorrectly stating the projects are not on track. It is unwise for the City to even suggest going back on its commitment at the exact moment the project is moving

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Participants at the schoolwide Math Bee with Ms. Parker and representatives of the State Dept Federal Credit Union who provided prizes.

Opus East Files for Liquidation Bankruptcy

Bankruptcy for a major company is not good. It can be used to massively reorganize a failing venture (Chapter 11) or it can be the nail in the coffin, so to speak, when it is liquidation (Chapter 7). When Chapter 7 is the option, the courts are asked to approve a plan to sell off all of the assets of a company in financial trouble.

Opus East is liquidating. The company, based in Rockville, Maryland, filed its Chapter 7 Bankruptcy request with the courts on Wednesday,

July 1. Opus Corporation, the parent company, plans to file a Chapter 11 request for reorganization.

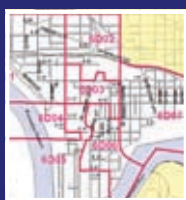
It has not been long since Opus East completed the building on 100M Street, SE, but it has remained empty with no bites from potential tenants. Opus claims that the deal with the potential buyer of that building, MayfieldGentry Realty Advisors, fell through, and that failure

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ANC 6D Update

By David Sobelsohn

By David Sobelsohn,
ANC 6D Commissioner and Secretary

For the first time this year, Chair Andy Litsky missed an ANC meeting. In his absence, Vice-Chair Bob Siegel chaired the ANC's Monday, June 8 business meeting.

In the meeting's most important work, the ANC approved three expenditures and two public-space applications.

The ANC voted to spend—

- \$1,000 so the SouthWest Comm-Unity Forum can rent portable toilets during its Unity Day August 1 at the King Greenleaf Recreation Center on N St. Even though ANC 6D's Community Outreach Committee recommended this grant, commissioners expressed concern that no one from SouthWest Comm-Unity Forum attended either the June 8 ANC meeting or the Outreach Committee meeting on the grant application. Nevertheless, with only one dissent, the ANC approved the application.
- \$2,700 to buy 260 bookbags for free distribution to ANC 6D kids on a first-come, first-served basis, August 22 at King Greenleaf. The ANC did the same thing last summer.
- \$700 for new computer equipment for the ANC office.

Two applicants for use of public space came before the ANC.

- Courtyard by Marriott proposes to set up 10 outdoor dining tables on L St. and New Jersey Ave., SE. In other cases, restaurants have agreed to provide specific ANC 6D community benefits in exchange for permission to set up sidewalk restaurant tables. For instance, Potbelly Sandwich Works on 3d St., SW, agreed to hold fundraisers and provide free sandwiches for Southwest public schools. Marriott offered nothing. Capitol Hill Tower residents have also expressed concern about Marriott's proposal. Nevertheless, half of ANC 6D's commissioners supported Marriott's application; half opposed it. Finally, the ANC voted unanimously to support Marriott's public-space permit conditioned on an ANC task force's reaching an agreement with Marriott to address the concerns of Capitol Hill Tower residents and to provide specific community benefits to ANC

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New Houses Ready in Southeast Capitol Quarter

By The Southwester Staff

The Neighborhoods of EYA have opened in grand fashion in Southeast in the Capitol Quarter community. The temporary trailer which housed the presales office and the scale model of the project will soon be removed, and the offices are now across the street on 4th in one of two new, perfectly decorated townhouses.



Real Estate & Development

The buildings on the south side of L Street saw move-ins as early as April and the other side of the street is currently being delivered. On Saturday, June 20th, EYA celebrated a Grand Opening to show off the model homes. Despite the rainy and somewhat gloomy morning, plenty of potential buyers were in attendance to see the homes which constitute the first complete residential project in D.C. with LEED certification. A total

of 160 homes have been sold and will be delivered in the first phase of the project. The second phase will see another 170 homes delivered by mid 2010. Both phases include low income housing (Hope VI grant funded), workforce-rate housing and market rate properties.

EYA boasts being named America's Best Builder by Builder's Magazine this year. Mark, a former Southwest renter who was moving in on Friday the 19th, was not reluctant to second this distinction in his mind telling The Southwester that EYA has been exceedingly helpful for the new home buyers throughout the process from purchase to move in. The streets are definitely being transformed, and a classic D.C. town house feel is returning to the area south of the freeway.

According to a recent Capitol Riverfront Bid newsletter, as of the 2nd Quarter, there are an estimated 1,863 residents living in the Capitol Riverfront or Near Southeast area, and that number will rise to over 2,000 residents by the end of the year. Second quarter leasing for the six residential



projects is as follows:

- The Axiom and Jefferson at Capitol Yards, and Onyx on First: 60% of combined 960 units leased
- 909 at Capitol Yards: 25% of the 237 units leased
- Capitol Quarter by EYA: 88 of 113 units sold
- Capitol Hill Tower Co-op: 80% of 344 units sold

Bankruptcy

From p. 1

was the start of Opus' troubles in SE. Now, the partially constructed 410,000 square foot office building on the site of the former Nation Night Club at 1015 Half Street appears stalled. While it is possible that both buildings may be had by a potential investor for a reduced amount under the liquidation, uncertainty about their future is most likely to persist for some time while the bankruptcy

courts sort things out.

While expressing great sorrow at the turn of events, ANC6D Commissioner Bob Siegel told the Southwester that he has long been worried about the proliferation of "the construction of buildings with no tenants which creates a glut and slows down development in the neighborhood." He pointed out that a positive outcome of this slowdown is that more temporary businesses which have been able to get a footing during the planning stages of larger development will be able to remain viable for a bit longer. Siegel cited Secrets Nightclub on Half

Street in Southwest, owned by Alan Carroll, and Hogates on the waterfront, soon to open under the management of Kristina Noell, as examples. Both properties will eventually fall to larger development in the future, but currently present profitable business in the neighborhood.

In the meantime, 100M Street, which is visible from Nationals Ball Park, and the uncompleted building on Half Street which can be seen by drivers on South Capitol will remain ghostly signs of a the sluggish financial market while residents hope that this not a sign of things to come.

Southwest July Community Calendar

SAT., JULY 4 Nationals Home Game 1:05 p.m.

SUN., JULY 5 Nationals Home Game 1:35 p.m.

THUR., JULY 9 Councilmember Tommy Wells' Office hours, 6-8 p.m. Capitol Skyline Hotel, at 10 I St., SW, on the corner of I & South Capitol Streets, SW. Note New Location and Time.

SAT., JULY 11 9 am to 2 pm Southwest Community Yard Sale Riverside Condominiums, 1435 4th Street; Harbor Square Cooperative, 500 N Street.

MON., JULY 13 ANC 6D regular business meeting, 7:00 p.m., St. Augustine's Episcopal Church, 600 M St., SW

WED., JULY 15 Fourth Street Neighborhood Group Meeting at Edgewater Community Room, 400 O St., 7:30 pm

THUR., JULY 16 Nationals Home Game 7:05 p.m.

POLICE SERVICE AREA (PSA) 104 Meeting: Greenleaf Seniors Building, 1200 Delaware Ave., SW, 7-8:30 P.M.

FRI., JULY 17 Nationals Home Game 7:05 p.m.

SAT., JULY 18 Nationals Home Game 7:05 p.m.

SUN., JULY 19 Nationals Home Game 1:35 p.m.

MON., JULY 20 Nationals Home Game

7:05 p.m.

TUES., JULY 21 Nationals Home Game 7:05 p.m.

THE SOUTHWEST CHAMBER Players: Riverbend Opera's semi-staged portrayal of Don Giovanni by W.A. Mozart. St. Augustine's Church, 600 M Street, SW 7:30 pm. Free of charge.

WED., JULY 22 Nationals Home Game 7:05 p.m.

THUR., JULY 23 Nationals Home Game 7:05 p.m.

FRI., JULY 24 Nationals Home Game 7:05 p.m.

SAT., JULY 25 Nationals Home Game 7:05 p.m.

SUN., JULY 26 Nationals Home Game 1:35 p.m.

WED., JULY 29 Art & Spirit Coffeehouse, Wed., July 29, 7 p.m. Actor and Filmmaker Michael Mack presents documentary, "The Drum Major" about the last year of Dr. Martin Luther King, Jr.'s life. Coffee and desserts, followed by audience Q & A. Free, donations accepted for artist's honorarium. St. Augustine's Episcopal Church, 600 M St., SW. 202-554-3222 or rector@staugustinesdc.org.

WEEKLY, BI-WEEKLY

TUESDAYS, 10 A.M. to 2 p.m. United States Department of Transportation Farm-

ers Market, 3rd and M Streets, S.E. It runs through November 18th.

TUESDAYS & THURSDAYS at 5:30 p.m. at St. Augustine Church the S. Wash. West of the River Family Strengthening Collaborative has a course called Quenching The Father Thirst. This course trains men to become responsible fathers/father-figures that love and lead their children to success. Call Alphonso Coles, 202-870-1885.

WEDNESDAYS, 12 - 2 pm - Free outdoor concerts, rock, etc. Bring your bag lunch or buy here - Plaza behind DOT Headquarters Bldg - New Jersey Ave. SE & N SE, a block south of Metro station

THURSDAYS, DUSK TO 8:45 pm - Weekly outdoor movies from the 1980's, Plaza behind DOT Bldg, New Jersey SE & N SE

THURSDAY, SEPTEMBER 17, 6:30 p.m., St. Augustine's Interfaith Book Discussion Group: Potluck supper. Group won't meet during the summer, but participants should read "The Secret Life of Bees" by Sue Monk Kidd to discuss in the fall. St. Augustine's Episcopal Church library, 600 M St., SW. Contact Deeanna Burleson, 703-303-6143.

FRIDAYS AT 10 a.m. to 2 p.m., the United States Department of Agriculture (USDA) Farmers Market, corner of 12th and Independence Ave., S.W. It runs through October 30th.

The Southwester

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Please submit calendar items for August events to voice mail - 202-554-8560 or by email to thesouthwester@yahoo.com by Wednesday, July 22, 2009.

Council Chair Gray Addresses SWNA



SWNA Update

By Peter Atlee

On June 20, SWNA honored the hardworking local students that just finished their school year. After hearing a recap of the year from several local principals and enjoying a few magnificent gospel songs from the Second Baptist Church Southwest Gospel Ensemble, the audience heard a riveting speech from City Council Chairman Vincent Gray.

The Chairman started by thanking the community for welcoming him and for working on so many important issues. As a native Washingtonian and a product of the District of Columbia public education system, Chairman Gray is a fierce advocate for K-12 education in the District. Calling education the "great liberator," the Chairman says that, despite poor test scores and decreasing enrollment, he is not ready to throw in the towel on public education.

Addressing current reform efforts in public education, Chairman Gray remarked that no one can know if education reform will work, but we do know that what the system was doing was not working.

He recounted the District's plan to drastically increase spending on early childhood education,

saying that we need a "birth to 22" education system. That plan will be well on its way by 2014 when the Pre-K for all program will be in full-force. Special education is another crucial part of early education—the district spends nearly two-thirds of its special education budget sending its students to other systems with better special education pro-

Continued on Page 6

SWNA to Meet in September, New Time

The Southwest Neighborhood Assembly will meet on September 28, 2009 in the Sanctuary of St. Augustine's Church at 7:00pm. The Board chose to move meetings from 7:30pm to 7:00pm in a move to bring more people out to the meetings. Our meetings will end closer to 8:30pm or 9:00pm with out new start time, which will hopefully accommodate more schedules and encourage more constituents to get involved in the community. While the meeting's theme is still being discussed, we hope to hold a community forum with Councilmember Tommy Wells and the At-Large Councilmembers to answer the community's questions and concerns about Southwest. Stay tuned to the Southwester and your email for more information—to be added to the SWNA listserv you can email peter.atlee@gmail.com.

CBCC Incorporates, Begins Outreach



CBCC News

By Peter Atlee

At its meeting on June 10, the Community Benefits Coordinating Council announced that its Articles of Incorporation has been approved by the District of Columbia, making the CBCC a fully recognized and incorporated organization. The CBCC Board also voted, as a newly incorporated entity, to officially accept its bylaws. It is now in the process of securing non-profit status.

The Board also voted to establish a Public Space Permit Task Force to recommend a policy on requesting community benefits from for-profit groups applying for public-space permits.

The CBCC is beginning an outreach campaign to each of the organizations in the Near Southeast/Southwest community. It will be making presentations at community meetings and holding small receptions to reach out to potential partner groups.

The CBCC is also reaching out to its residents for help with committees, working groups, and task forces. There are currently six committees working as part of the CBCC:

- the Governance Committee;
- the Communications Committee;
- the Summit Working Group;
- the Community Fund Working Group;
- the Community/Workforce Development Working Group; and
- the Public Space Permit Task Force

The CBCC cannot move forward, working to ensure enforcement of Community Benefits Agreements, unless it has community buy-in and participation. We continue to pursue our goals of improving the quality of life in Near Southeast/Southwest, while maintaining the neighborhood's diversity, and we look forward to working with anyone interested in those goals.

For copies of minutes or to get involved, contact Peter Atlee, at peter.atlee@gmail.com or 484-868-3038.

Peter Atlee is Secretary of the CBCC.



At right, historical signing of the Articles of Incorporation for the Near SE/SW Community Benefits Coordinating Council (CBCC). Signatories included (left to right) Board Members David Sobelsohn, ANC6D02 Commissioner, Juanita Jones, Community Outreach Coordinator, South Washington Collaborative, Ruth Hamilton, Co-Pastor, Westminster Presbyterian Church and CBCC Co-Chair, and Thelma D. Jones, SWNA Advisory Board Member and Notary Public.

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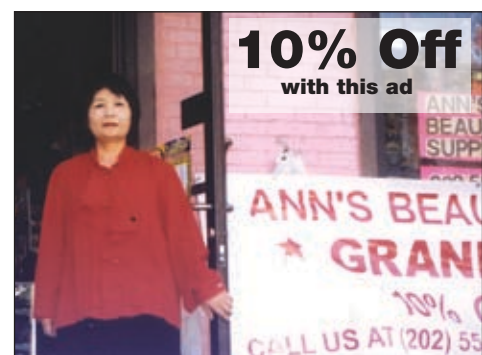
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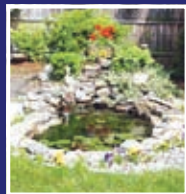
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Home & Garden

theory, mulch distribution ends at 5:00 p.m. Bring your own container.



4th Street Group

From p. 1

George Washington University whose graduate students were compiling the redevelopment history of the Southwest area.

In May 1995 a series of Neighborhood Security meetings began that slowly evolved into the Police-Sponsored monthly PSA meetings at housing complexes that take place monthly in various locations around the community.

During 1997, they enlisted respective communities — again at \$1 per unit — to support the FSNG sponsorship of the Urban Land Institute Study of Southwest — a prime tool in redevelopment of Southwest. Members participated in the

various activities of the study. That study proposed the opening of 4th Street, the redesign of the waterfront and the protection of the residential areas of Southwest.

In the late 1990s, it sponsored studies of Tiber Island Resident, Mike Metcalf, into the impact of noise from Reagan National Airport on residential communities and sent members to countless hearings and meetings concerning Redevelopment Land Authority transition to zoning in Southwest. Through the years, pothole repair, waterfront benches, Fourth Street Clean-Up days — all concerns of this community — have been taken on by members of this group. Harbour Square residents are always invited to attend the monthly meetings that are held the third Wednesday of the month, except in June, July and December.

in Washington, D.C. by cutting the teen pregnancy rate in half by 2015 (from 101.8 per 1,000 girls 15-19 years old to 50.9) and being a strong and effective advocate for D.C. adolescents. According to the D.C. State Department of Health Statistics, the 2006 teen pregnancy rate is 58.7 pregnancies per 1,000 girls age 15 to 19 in D.C.. The teen pregnancy data typically lags 2-3 years behind real time.

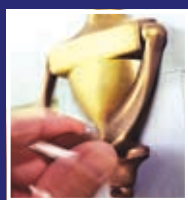
Youth interested in signing up for the Youth Leadership Task Force should call Jennifer Bissell at (202) 789-4666, Ext. 19 or email jbissell@dccampaign.org. For all other inquiries, please contact Thelma Jones at (202) 488-3746 or tjones15@verizon.net.

Task Force

From p. 1

after the fact efforts to deal with developmental disabilities, child abuse, school failure and poverty. She is therefore committed to working with any Southwest or Near Southeast youth who would like to be a part of D.C. Campaign's Youth Leadership Task Force.

Established in April 1999 as a result of the work of the Mayor's Committee on Reducing Teenage Pregnancies and Out-of-Wedlock Births, D.C. Campaign to Prevent Teen Pregnancy's mission is to improve the lives and well being of adolescents



Neighbors

United States
**Census
2010**

Census Countdown: 2010

By The Southwester Staff

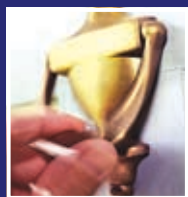
"It's in Our Hands." That's the motto for the 2010 Census, and yes, there is a way for you to get involved. Every 10 years, the Census Bureau is charged with counting all the people in the United States. It does so by means of a questionnaire which is delivered to households via U.S. mail in March, 2010, replacement questionnaires in April, and follow up visits by Census workers when questionnaires are not returned. The data is completely confidential, and by law, the Census Bureau cannot share it with anyone at all, not even other government agencies or law enforcement.

The Census numbers are used to determine representation in government, allocation of federal

monies to communities, and needs for public and private services. All residents must be counted, citizens and non citizens, as well as all races and ethnic groups. There are even provisions to count the homeless.

The Southwester is partnering with the Census Bureau to help inform our readers and their neighbors of the importance of the census. We will continue to bring you updates and let you know what the census workers will be doing up to the moment the actual counting is done. Currently, census workers are out verifying and updating addresses in the community. We will let you know when recruitment for a new group of census workers will occur and what employment opportunities are available.

A Taste of Paris



Neighbors

it will conduct its business as it relates to alcohol sales. This article is one of a series which will highlight some of the best business neighbors in the near Southwest and Southeast area of ANC6D which have signed these agreements.

The Alcohol Beverage Control (ABC) Committee of our ANC6D recently sat down with Vie de France's General Manager Cindy Glacken to discuss her business which is much more than a place to have a wine or beer. Vie de France, located at 600 Maryland Ave SW for over 20 years, has a thriving full-service restaurant, the Fast and Fresh cafe especially for the on-the-go lunch crowd, an "after hours" bar and a bakery.

Vie de France, an ANC6D 'good neighbor', located at the corner of 7th and Maryland Avenue on the corner with the L'Enfant Metro access, is a convenient stop on the Circulator bus route. Vie de France has a Restaurant license with an Entertainment Endorsement and recently obtained approval for service in its garden/patio area. A Voluntary Agreement can cover a range of issues important to the residents near a business with a liquor license. Noise, disorderly conduct and litter are at the top of the list of concerns for nearby neighbors. For Vie de France, those issues were discussed, but as their nearby neighbors are office buildings, were not seen as major issues.

For more information on the ANC liquor license process, the ABC Committee, and Voluntary Agreements, please contact Coralie Farlee, Ph.D., Chair, ABC Committee, ANC6D at 202-554-4407, or cfarlee@mindspring.com.

Coralie Farlee and Susan Carpenter are members of the ANC6D Alcoholic Beverage Control Committee.

By Coralie Farlee and Susan Carpenter

Have a craving for a good croissant, but live in Southwest D.C.? Vie de France bakes croissants, fresh breads and special treats daily right here in the neighborhood each morning Monday through Friday.

In the bar, Wednesday nights is turned over to DJ Roni, one night a month becoming Karaoke Night. On Thursdays DJ Dr. Nick hosts popular line dancing. If you are a sports fan, TVs are spread across the bar for watching your favorite game.

Though open only on weekdays, the full-service restaurant, the bar, and the rather private outdoor patio are available for catered events for up to 440 people, from birthday parties to weddings, even on weekends. The smaller "Fast and Fresh" is open Saturdays for tourists, office workers and the USDA Graduate School students attending classes in the same building. Vie de France also does off-site catering. Each Christmas they host a big party for the workers in their building.

Each of the 26 businesses with a liquor license to sell in our neighborhood has the opportunity to enter into a Voluntary Agreement with the ANC6D to codify the commitments about how

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ANC Update


From p. 2

6D. The Public Space Committee was scheduled to hear Marriott's application June 25, 2009.

■ On June 21, a private company plans the Dextro Energy Triathlon, a profit-making venture to include a race through ANC 6D01's 9th St. and Maine Ave. corner. A Dextro representative promised to block no one's access to drive out of the neighborhood, and to reopen streets by

9:15 that morning. The same organization has run the Nation's Triathlon through ANC 6D for two years without incident, and the organizers fund a free summer camp through the D.C. Department of Parks and Recreation. Commissioners voted to support the application. But some expressed interest in demanding specific ANC 6D community benefits from race organizers in the future.

The ANC will hold its next public business meeting at St. Augustine's Episcopal Church, 600 M St., SW, 7 p.m. Monday, July 13.



Fitness and Nutrition

By Derrick Inglut

For centuries we have been searching far and wide for a way to reverse the hands of time. Diet and exercise have always been a great start to look and feel younger but a complete restoration of one's youth has been a task we have never been able to accomplish – until now.

Scientists have found a way to synthesize a hormone so powerful; it can knock 10-20 years of anyone's appearance in as little as 6 months. I've got your attention now, don't I? Great, let's get started learning about one of the most amazing accomplishments in science.

Ever wonder how Hollywood stays looking so young? Sure plastic surgery and live-in personal trainers will do wonders for your looks, but the real secret of youth is the ability to renew the body from the inside out — and that's just what hormone replacement therapy does. Though quite expensive, it is becoming more affordable. The current price of youth is now around \$15-20K per year, down from about \$100/K per year.

Human growth hormone — or HGH for short — is produced by the pituitary gland during periods of deep (slow wave) sleep. It is not new to nature, it's new only in our ability to synthesize it. Let me state ahead of time that this is not a steroid, nor does it work like one. It's in a class of its own, a chemical messenger that signals DNA to renew itself. As we age, our bodies produce less and less

The Fountain of Youth: Discovered?

HGH and this causes cell renewal to slow. As a result, our existing cells work longer before they are replaced resulting in an appearance that has us looking our age. However, there are ways you can naturally boost your production of HGH, and maintain a more youthful appearance for years to come.

HGH peaks in puberty and declines about 1% per year thereafter. For reasons scientists don't know, from age 30-40, it takes a more significant decline at a rate of about 1.4% per year. By the time we reach the grand age of 65, we may have as little as 10% of the HGH levels that we had in our teens. Reduced levels of HGH are responsible for weakened immune systems, increases in fatty tissues, decreases in stamina and muscle mass, decreases in bone density, and thinning of the skin. HGH regulates just about everything in your body, even the color of your hair.

Of the numerous independent studies conducted, HGH has been shown to perform near miraculous results in as little as 3 months. One independent study among 100 overweight women ages 30-75 received HGH therapy for 6 months. Within weeks, levels of HGH were restored to that of an 18 year old woman. The results were nothing less than astounding. Almost all of the women reported complete disappearance of fine lines and wrinkles. Only the deepest wrinkles remained and even those were significantly reduced. Additionally, dermal testing concluded an average increase in skin thickness of about 7mm! Not only that, an average 15.5% reduction in bodyfat was reported, without any changes in diet or exercise.

Other various studies conducted on men in the same fashion reported huge decreases in bodyfat,

increases in muscle density (HGH can actually increase the number of muscle fibers, something no steroid can do), dramatic improvements in skin elasticity, increased bone density, improved immune function, the return of color from grey hair and, most notably, men who had lost their hair had experienced substantial new growth.

What's interesting here is, the benefits described above are actually not from HGH at all. HGH is converted in the liver to insulin-like growth factor-1 or IGF-1 for short. This is the chemical responsible for the return of youth. Though scientists have not figured out a way to synthesize IGF-1, HGH has been able to be synthesized. Previously, the only method of obtaining HGH was through cadavers.

Unfortunately, true HGH is only available in injectable form and must be injected at least 5 days a week under strict medical supervision. Because HGH sparks new life into all tissues of the body, it can also spark new life into existing cancers. Those who have cancer of any type should not undergo youth therapy. Additionally, too much HGH can cause Acromegaly (coarsening of the facial features). The pro wrestler Andre the Giant was a perfect example, though his HGH levels were from natural overproduction by his pituitary gland.

There are many companies who claim to be able to offer this hormone over the counter in a liquid, capsule or sublingual form, but none of them have the ability to raise your HGH levels enough to see notable results. Don't waste your money. Fortunately, there are ways to naturally raise your HGH levels without a single injection. One independent study reported peaks in HGH of up to 600% of the norm and sustained levels of HGH production by as much as 200% after these strategies were followed.

- Keep your workouts very brief and very intense (45 minutes or less). Workouts longer in duration are associated with decreased levels of HGH.
- Consume vitamins B6, B12 and zinc with a whey protein shake immediately after exercise.
- If at all possible, take a nap at least an hour in duration in a dark room to promote deep sleep. Remember, HGH is made in deep sleep only. If you're cutting yourself short in sleep every night, you're cutting yourself short in youth. The reason you feel so great after a good night's sleep is mainly the fact that your HGH levels have been renewed for the day.
- HGH levels have been noted to be highest during periods of caloric restriction. If at all possible, reduce your calories to no more than 15 calories per pound of lean body mass.

There are plenty of great resources for finding out more information on HGH therapy and lucky for us, there is actually a youth clinic right here in the Washington D.C. area. Visit www.bodylog-icmd.com for more information. I'd also like to mention one of my favorite books as well; "Resetting the Clock" by Dr. Cranton, M.D., a pioneer in hormone therapy. Though slightly outdated, it is very informative. As always, please consult with your doctor before attempting any change in your diet or exercise program.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.



Fitness and Nutrition

By Elaine Graves

Westminster Presbyterian Church will offer "Yoga for Every Body: Weekly Therapeutic Yoga and Healing Sessions," at 4:00 p.m. each Wednesday for no charge. The program consists of seated Yoga, a gentle series of movements to develop flexibility, balance and strength adapted for all body types. Instructors will offer a set of guided instruction that promote meditation, positive thinking, deep relaxation and proper breathing for all ages. Seated Yoga is especially appropriate for people with a variety of chronic conditions and limited mobility. No experience in yoga or particular mobility required, and beginners

Yoga for You

are welcome.

Instructors will also provide a "healing session," an opportunity to focus and experience healing energy that soothes and calms the mind and spirit. They provide guided meditation and prayerful hands on healing that offer comfort to people who are stressed or grieving, designed to assist those who are ill or otherwise distressed.

Instructors include Pamela Wilson, who recently completed Yoga of the Heart, Cancer and Cardiac Certification Training with Nischala Joy Devi, master teacher and healer who served for seven years as Director of Stress Management for the Dean Ornish Program for Reversing Heart Disease. Pamela is intent on adapting yoga to people with a range of medical conditions, as well as older, less mobile adults. Trained and certified by the Sivananda Yoga Organization, she has been teaching yoga for more than 20 years.

Also teaching is Riva Wine, an empathic Bio-energy Healer and Feng Shui Consultant, who

has followed a calling from within to be a energy healer. Originally from South Africa, she is an active member of the Southwest community since 1980. Her ministry focuses on a lifelong path of healing and love.


Classes will be held at 400 I Street SW Washington, D.C. 20024. While there is no charge, donations will be welcomed.

Delay

From p. 1

forward to attract private financing."

Later on Wednesday, the City announced that a deal had been brokered to finance the convention center project with mostly private financing. Councilmember Brown cited the ire of developers and residents that had been understandably raised by the possibility of transferring any existing subsidies to the hotel project. Residents were understandably left scratching their heads, but relieved.



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Inquirer's Lunch, Sat., July 19, 11 a.m.

Open to all seeking more information about Christianity, or the Episcopal Church, or about baptism, confirmation or reception into the Episcopal Church. Contact Rev. Martha Clark, St. Augustine's Episcopal Church, 600 M St., SW. 202-554-3222 or rector@staugustinesdc.org.

Yet More Light at Westminster



Spiritual Life

Adapted from Westminsterdc.org

"God has yet more light and truth to break forth from God's holy word." Since 1983, when Westminster Presbyterian Church approved a policy of welcoming all people into full membership, including the opportunity to be elected, ordained and installed as officers of the church regardless of sexual orientation, the Westminster Presbyterian congregation and its pastors in Southwest have been consistent advocates of equal rights for Gay, Lesbian, Bisexual and Transgendered (GLBT) persons in church and

state. Westminster celebrated and affirmed this commitment on Sunday, June 7, as a member of the More Light Presbyterian network.

Under the leadership of then pastor, Rev. Dr. Jeanne MacKenzie, Westminster was the first congregation of National Capital Presbytery to join More Light, an organization of people seeking the full participation of lesbian, gay, bisexual and transgender people of faith in the life, ministry and witness of the Presbyterian Church.

At this time, as the nation wrestles with the issues surrounding the meaning of marriage and equal rights, it is fitting that we continue to seek the Spirit's guidance and "the voice of God in those too often rejected and ignored." More Light Sunday's worship included a dialogue about marriage and its importance for this day and time. Many participants brought wedding photos to share.

The issue of equal marriage rights for committed GLBT persons is at the forefront of today's news. Revs. Ruth and Brian are among the more than 150 D.C. based clergy who have signed a "Declaration of Religious Support for Marriage Equality."



Neighbors

"Lawyer of the Year" Lives in SW

By The Southwester Staff

The D.C. Defense Lawyers Association presents an annual award to an attorney who is distinguished for his or her contributions and professionalism throughout the past year. This year John E. Prominski, Jr., a D.C. Southwest resident, has been selected as "Lawyer of the Year". The presentation was held the evening of June 19th at the Columbia Country Club.

Mr. Prominski is a Partner at the law firm of Miles & Stockbridge, resident in the Tysons Corner office. He heads the firm's Virginia Litigation Group whose members focus on commercial litigation, intellectual property, professional liability, products liability, toxic torts and bankruptcy matters. Mr. Prominski is active in a variety of professional and community organizations. He is a member and past president of The Barristers, a founding board member of The First Tee of Greater Washington and a member and past board member of the Rotary Club of Washington, D.C. He is also a member of the Bar Association of the District of Columbia, the Maryland State Bar Association, the Counsellors and the District of Columbia Defense Lawyers Association.

Prior to joining Miles & Stockbridge, Mr. Prominski served as a law clerk to Senior United States District Judge Oren R. Lewis in the United States District Court for the Eastern District of Virginia (1979-1980). He was an associate with the insurance defense law firm of Carr, Jordan, Coyne & Savits (1980-1981) and a principal with the real estate law firm of Wilkes Artis Chartered (1981-2001), both located in Washington, D.C.

+ Spiritual Calendar +

Neighborhood Religious Services

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I Street, SW
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

St. Augustine's Episcopal Church

600 M Street, SW
Sunday: 9:30 a.m. (6/21 through 9/6); Tuesday 6:30 p.m. Evening Prayer

St. Dominic Catholic Church

603 E Street, SW
Saturday: 5:15 p.m.; Sunday 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m.

St. Matthew's Baptist Church

New Jersey Avenue, SE
Call 488 7298 for service times.

St. Matthew's Lutheran Church

22 M Street, SW (worshiping at First Trinity Lutheran Church, 501 4th Street, NW)
Sunday: 10:30 a.m.

St. Vincent de Paul Catholic Church

14 M Street, SE
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.

Second Baptist Church

1200 Canal Street, SW
Sunday: 8 a.m. and 10:45 a.m.
Wednesday: Prayer Meeting 7 p.m.

Riverside Baptist

7th Street and Maine Avenue, SW
Sunday: 10 a.m. with Bible Study at 9 a.m.

Westminster Presbyterian Church

400 I Street, SW
Sunday: 11 a.m.

SWNA Update

From p. 3

grams—reinvesting that money in District schools will improve everyone's education.

He also declared that the next day's newspaper would announce that a high school in the District would be rebuilt—sending our children to dilapidated schools that look like prisons are a sure way of demotivating them.

Chairman Gray also addressed the delicate topic of school closings—with an enrollment decrease of 30,000 students in the past ten years, the District simply cannot afford to keep every school open. Nevertheless, the government should be careful not to sell those schools as it will, hopefully, need them when a better system leads to increased enrollment.

But investing in education does not stop in high schools; the Chairman spoke of turning the University of the District of Columbia into a first-class public university—starting with a student center on campus—and establishing a community

college within our boundaries. The Chairman also expressed exasperation as the systematic elimination of vocational education in the District, and, furthermore, expressed dedication to righting that situation and continuing the restoration of vocational education that has recently begun with hospitality and HVAC oriented high schools.

Finally, before answering questions, the Chairman invited everyone to watch the youth-only Council hearings on the second Saturday of each month. Schools need to be safe places where students can grow, and these hearings help to ensure that students' voices are heard. After a few community announcements, the SBCSW Ensemble closed the meeting with another outstanding performance.

We hope you will take the chance to meet your neighbors and get involved in your community at SWNA's September meeting—September 28, 7:00pm at St. Augustine's Church.

Peter Atlee is Vice President of the Southwest Neighborhood Assembly.



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Amidon-Bowen

From p. 1

receive a \$2500 Scholarship upon graduation from High School. Herman Tuquabo and Aquil Washington have our congratulations for their efforts entering the contest.

Amee Barnes and Daniellle Crutchfield, both 4th graders, won second and third places in a citywide poster contest with the theme "I Love Life, I Want to Live." Omar Toumbou, 3rd grade, was a finalist in the "Kids Restaurant Week" essay contest. His prize was a visit on June 12th by Chef Neall Bailey and a representative from the Willard Hotel who instructed the class on the finer points of culinary art. And of course, they got to eat their lesson!



Fifth grade student assists 2nd grade students at the Rice Tub station where students estimated and compared the capacity of different containers.

Ms Demetra Darlington, who teaches 1st grade, and Ms Marcia Stokes, 4th grade, were the in-house coordinators for the "Best Friends," for girls and "Best Men Foundation," for boys, nationally recognized mentoring groups at Amidon Bowen. Approximately 40 students have been in the programs this year. Mentors stress social skills and character building. Breshawn Venable, and Marcus Johnson, 5th graders, received Best Friends and Best Men Essay Awards at the End of Year Luncheon held at Omni Shoreham Hotel.

Math has been a special focus this year. Math Coach, Jana Parker, has led the students in exploring math in everyday life and discovering the fun side of math. On the 100th day of school, special activities were held to reinforce the concept of 100 such as the 100 foot print cut outs that were colored by the Kindergarteners and posted on the wall outside their classroom.

Math concepts have been brought to parents through the Principal's "Math Chat and Chew" where parents had the opportunity to play the games their children are using every day to demonstrate basic math concepts. They were given suggestions on ways math can be brought into everyday activities. One of the favorites is "Make 24". Each day four numbers are announced over the loud speaker. The challenge is to use the four basic math operations to come up with an answer of 24. Try it: 3.4.7.9. Ok, but could you do that

when you were in the third grade? (See below for the answer.)

The Math Bee, held May 12th, tested students' skill at Estimating Differences, Converting Mixes Numbers as well as basic multiplication and division facts. Dominique Beckham, Marcus Johnson, Garry Robinson, Aliya Slomon, and Omar Toumbou competed from the 3rd grade. The 4th grade Math whizzes were Justin McFadden, Yonaton Rodriguez and Devonte Williams. Jeffery Figueroa, Ayanna Holmes, Darnee Hunter, Duyen Ngo, Nikita Wilkins were the 5th grade star team.

On Cluster II Math Day, May 22nd, held at Sousa middle School, students competed against children from 23 elementary schools. The students who represented Amidon-Bowen are: Duyen Ngo, 5th grade - 24 Game Challenge, Devonte Williams, 4th grade - Everyday Mathematics games, Omar Toumbou, 3rd grade - Math Bee, Lin Li, 5th grade, and Marcus Jackson, 3rd grade - Problem Solving.

Science Specialist, Ms Tonette Goodman's, many activities this year concluded in a Science Fair in which 3rd to 5th grade students participated. Joan Lee, Heads Up Learning Program, Jessica Sherry, Congressional Budget Office and Natalie Kernn, a former Principal, judged the over 50 entries which ranged from "How Fast Does Water Freeze" to "Erosion." Dominique Davis' (5th grade) entry on "The Effect of Temperature on the Growth of Mold" went on to receive Honorable Mention in the city-wide competition. The 2nd and 3rd place winners at the Amidon-Bowen Science Fair were Dominique Beckham, (3rd grade), Michael Owens, (3rd grade). Devonte Williams, Vy Ngo, Rayna Gross, and Zion Celey all received honorable mention.

The many requests to perform give testimony to the excellence of the Amidon-Bowen Chorus and Music Program under the leadership of Ms Para Perry. On November 25th they were featured at the signing of the D.C. Community Covenant with the Ft. Myer Military Community held on the Odyssey. They performed on December 2nd at Ft. McNair for the lighting of the Holiday Tree, and also sang at Shiloh Baptist Church in December. In the spring they sang at the Department of Education installation of the six Assistant Secretaries of Education under Secretary Arne Duncan. During National Education Week they sang at Westminster Presbyterian Church. Their Spring Concert, June 9th, featured the introduction of an Orff Instrument Ensemble. We will be hearing more from this group next year.

From the invitation to produce a poster wall at St. Augustine's Episcopal Church, to add to their commemoration of Black History Month, to the visits of the Nationals who donated 3,000 books to the library, the community has reached out to the students and staff of Amidon-Bowen to support their efforts to achieve and to make this community and their parents proud. We thank all the students and staff at Amidon-Bowen for giving us all much to be proud of.

And the answers to the problems above? $3 \times 4 = 12$; $9 - 7 = 2$; $2 \times 12 = 24$.

Amidon-Bowen Celebrates Spring

By Blossom Athey

On Tuesday, June 9th, joyous sounds of music rang out from the Amidon-Bowen High Tech Campus as their Spring Fling Concert was produced and directed by their highly talented music teacher, Ms. Para Perry. At both morning and afternoon seatings, the music resounded from jubilant well-trained young voices, a trio of glockenspiels, the beat of drums and the rhythmic feet of young dancers.

The 40-voice choir performed with eagerness and harmony and the "No Ensemble" of glockenspiels and drums matched every beat of their teacher's baton. It was a great performance by very young students and appreciation for the creativity and talents of Ms. Perry was the topic conversation as the audience enjoyed refreshments from the Westminster Presbyterian church across the street.

On June 11, a host of relatives and friends assembled for the promotional exercises for 5th grade students who will transfer to Jefferson Middle School in the fall. Some 50 students



received their diplomas and made their exit down the aisle with obvious pride. The next day was a time of celebration and promotional exercises for Pre-K and K students.

These festive events marked the end of the first year of the Amidon-Bowen merger, which has been a success in every sense of the word. The Southwest community is very proud of this 300 plus student body and sincerely appreciates the outstanding performance and dedication of their beloved Principal, Ms. Almeta Hawkins, and every single one of her extraordinary teachers.

Free Intro Photo Class

By Thelma Jones

The Southwest Neighborhood Assembly Youth Activities Task Force (SWNA-YATF) registered students ages 10-13 from Near Southwest (zip code 20024) and Near Southeast (zip code 20003) for a Beginners' Photography Class, which started Monday, June 1, 2009. Classes will be held every Monday for 1-1/2 hours at 4:30 pm for eight weeks at King Greenleaf Recreation Center, 201 N Street, SW.

Classes will be taught by Dasan Bobo, a multimedia specialist and graduate student from the University of Maryland who currently works for the World Bank Group.

In the interactive class, students will learn how to:

- use a digital camera;
- do photography techniques;
- analyze the images they see;
- understand the emotional effects of the photographer's choices about angle, focus and other elements; and
- apply media literacy that will enable them to become wiser consumers of regular visual information.

The class will also provide a practical framework students will use to create compelling photographs



Dasan Bobo

which will be viewed and critiqued during class and exhibited during graduation and other community events.

Students will use digital cameras each week and receive prints of their photographs for examination and review. Field trips to a photography studio and a museum will be a part of the training. Respectable behavior, good attendance and consistent participation are requirements for graduation.

Classes are free, including SWNA-YATF providing the training resources (e.g., digital cameras and photo prints). Students

interested in the class should email Thelma Jones at tjones15@verizon.net or call (202) 488-3746. Class size is limited to a maximum of 15 students on a first-come-first serve basis.



Burgers at the Capitol Skyline

Pool Party in SW

By The Southwester Staff

You don't have to go far to find summer entertainment in Southwest. The Capitol Skyline Hotel on S. Capitol and I Street offers "Spike'd Sundays" around its newly remodeled pool, hosted by Spike Mendelsohn of Good Stuff Eatery and Bravo TV's "Top Chef." The poolside event is \$10 and includes a free burger from the grill. Bring your towel and sunscreen and hang out on the tangerine colored lounges on Sundays from noon to 6 p.m. Parties are also being planned for the Fourth of July weekend on the 3rd, 4th, and 5th. Contact the hotel for details at 202 488 7500.

If the weekend crowds are not for you, hang out by the pool on weekdays from 11 a.m. to 9 p.m. for \$10. Poolside beverage and food service is available.

Lapidus Restaurant, located in on the lobby



Neighbors

floor of Capitol Skyline now offers modern American comfort food. A seat in the dining room is bright and sunny, or you can choose to take a stool at the full bar. Sandwich plates average about \$10. A pulled duck sandwich offers an enticing change of pace. There is a range of full plate entrees including the iconic hanger steak. The daily chef specials are currently being re-worked but past offerings have been consistent and delicious.

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